



# The Mental Health Self-Assessment Program

Provided by Screening for Mental Health, Inc  
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# What is the Purpose of the Mental Health Self-Assessment Program?

- The purpose of the program is to offer anonymous, self-directed mental health and alcohol screening for family members and service personnel affected by deployment and mobilization.
- The screenings are available in-person through health fair type events on bases and installations, by phone at 1-877-877-3647 and online at [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)

# Who is Screening for Mental Health, Inc?

- Screening for Mental Health, Inc., (SMH) is a nationally recognized 501(c)(3) organization whose mission is to advance mental health screening as a method of education and early intervention.
- In addition to many other programs, SMH is the provider of the NDSD Mental Health Screening program (also known as National Depression Screening Day®) and National Alcohol Screening Day® programs
- NDSD and NASD are already implemented annually by many military installations throughout the country.

# Why Offer A Mental Health Self-Assessment Program?

- It is a core value to protect the health of our troops and their families, and to help them manage deployment and mobilization related transitions.
- This new program is a natural extension of ongoing efforts to reach service members and families with the information they need so they can safeguard the health of themselves and their families.

# Why Participate?

- This ready-made program is specially designed for ease of use by military units, installations, hospitals and bases with materials targeted to the specific needs of deployed service members and their families.
- This is a proactive approach to help families and service members identify their own symptoms and access assistance, before a problem becomes urgent.
- Proactive approaches are the most effective method of preventing mental health problems and intervening at an early stage when treatment is most effective.

# How Does An Individual Access the Program?

- The program is available 24/7 at [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org) or on the phone at 1-877-877-3647
- Individuals can also participate in screening and education events (NDSD Mental Health Screening and National Alcohol Screening Day) conducted year-round by military units.

# How Does A Military Unit Register to Conduct an Event?

- Registration is simple. Visit [www.MentalHealthScreening.org/military](http://www.MentalHealthScreening.org/military) and complete the online registration or download a paper form.
- All materials are free to military units.
- Early registration is encouraged as materials are available while supplies last.

# What Self-Assessments Are Available?

- Anonymous, self-assessments are available for:
  - Depression
  - Alcohol Disorders
  - Post-Traumatic Stress Disorder
  - Generalized Anxiety Disorder
  - Bipolar Disorder
- Phone program addresses depression and alcohol only



# Products and Materials

- ONLINE SCREENING

- The online screening is available at [www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)
- Available 24/7
- Online screening promotional tips and sample materials are available on CD Rom and via download at [www.MentalHealthScreening.org/Military](http://www.MentalHealthScreening.org/Military).

- PHONE SCREENING

- 1-877-877-3647
- Available 24/7
- Provides access for those without a computer or whose injuries create difficulty in using an online resource

- IN-PERSON EVENTS

- Military units that register to conduct in-person events will receive a kit of materials containing screening forms, video, educational resources, promotional materials (posters, banner, flyers) and giveaways.
- Each NDSD and NASD screening kit contains an Event Guide with detailed instructions on how to run and promote an in-person event.

# What If Someone Feels They Need Help After Taking The Self-Assessment?

- The self-assessment program provides information on how to obtain services through military health benefits and family support programs.
- e.g., TriCare and Military OneSource

# Enhancements in 2007

- Customizable Referrals  
Individual military bases and National Guard Units have the opportunity to add customized referrals to the online screening, linking individuals with local DoD services (on their installation or in their community) in addition to general DoD and VA mental health services.
- Online Assessment for Parents  
A new online assessment will help parents understand if their adolescent children may be suffering from depression or showing signs of suicidality.
- A pilot Spanish language version of the program  
Spanish language materials will be available for in-person self assessment, online screening and the new telephone component
- The SOS Signs of Suicide® Prevention Program will be available for schools located on military installations in the U.S. and overseas. The SOS program is the only school-based program proven to reduce suicide attempts in a randomized, controlled study.

# Contact

- Call 781-239-0071
- Email  
[Military@MentalHealthScreening.org](mailto:Military@MentalHealthScreening.org)
- Visit  
[www.MentalHealthScreening.org/Military](http://www.MentalHealthScreening.org/Military)
- Ask about registration for in-person materials, online customization and promotion support